

PHOTO OF THE MONTH

The photo was taken on Tuesday 22nd August. We had walked out of Amethyst Place to discover a building across the road was ablaze. We were amazed at the response rate of the fire brigade and police (thank goodness

the ambulance wasn't needed because no one was in the building). So, this photo is dedicated to the tireless effort of our Emergency Services, for keeping our community safe. Remember: Dial 000 in an emergency, and be thankful for the services that save lives every day. | *By Daniel Warren*

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You can find more information about our headquarters at www.arnicalodge.com

For all feedback and contributions

- ❖ You can email rrc.arnica@gmail.com
- ❖ Or call (03) 9497 2027 and ask for one of the newsletter writers

**SIMON IMAGIN**

Simon is a newbie at Arnica Lodge and has only been there since July this year. He is a very warm and amicable guy. Simon has a very caring nature and was quick to put his hand up to be a member of the RRC. Simon originally hails from Canberra, but escaped in 1995 to pursue his music and a more 'artsy' lifestyle. He can play a range of instruments (acoustic guitar, mandolin, harmonica, piano, and electric bass) and used to teach music to people with disabilities. Simon started jewelry making as a hobby 4 years ago, after he was diagnosed with Chronic Fatigue Syndrome and couldn't commit to music as much as he used to. He taught himself how to make medieval chainmail designs by looking at pictures of peoples work on Facebook. Simon spends a minimum of 4-5 hours on small pendant pieces, but has spent 90 hours on a large piece that he did as project for himself.

Simon has a pet dog named Woody (pictured), who he sadly had to rehome. However, Woody's new owner lives close to Arnica Lodge and drops Woody off each Wednesday to spend the day with Simon.

Simon says Arnica is the absolute best place, with a strong reputation for always doing its best to help people. We're glad to have you on board, Simon!

**Some fun facts about Simon:**

Star sign: Aquarius

Birthstone: Amethyst

Favourite movie: Seven Samurai, Akira Kurosawa

Favourite holiday: Samoa, 2004

Favourite colour: Denim blue

Favourite food: Kim Chi – Korean pickled cabbage

Favourite music: Ambiance music

Something people would not know about Simon:

Simon worked at Arnica Lodge, 12 years ago when the building was being used as LaTrobe Private Nursing Home. He worked as a PCA and attained a Cert IV in Nursing.

LIQUID CRYSTAL CARD

Fluorite is a multi-coloured, although quite transparent, stone. It represents 'Mental Mastery', and is useful in joining the heart and mind as one.

Regarding mental mastery, Fluorite brings confidence in our own choices and decisions. Be guided while under Fluorite's cycle this month. Let your thoughts flow, and have confidence listening to them. Accept each coming thought and do not be afraid to reaffirm with them.

Our mind may often be cluttered with things we don't need, like our creations through our own wandering (over-thinking, imagination, paranoia). Aspects of our life and life path will present as we need them to now. Deep within ourselves, each of us as individuals will view the success and strength we have. Fluorite will give light to our need.

Within this present cycle, we will find things are more organized and structured. With Fluorite's guidance, we realise that our minds are disciplined and focused.

Affirmation:

*My mind creates my world, OR
Our minds create our world*

Key words:

Organization, discipline, focus, commitment



Page articles written by Daniel Warren

CRYSTALS: THE REAL STORY

Myth: *They're just rocks, how can a rock help you?*

Crystals can aid you in adjusting and re-focusing areas that may be lacking in your life, and answers will come from your exploration with them. Much like a road map, crystals will learn about you to know where you are within healing. They will recognize your needs and the areas you may need to focus upon. I've written about this before, but just briefly: crystals resonate and vibrate on a frequency of 1 Giga Hertz (which is double that of our body's biorhythm of 500 Hertz). So, holding a crystal or several crystals will actually double the body's biorhythm. This is why crystals are healers. Generally, if you put your focus into the power of crystals, negative energy will dispel. I hope this helps in dispelling the myth of crystals, which usually comes from misunderstanding. I do recommend working with crystals for your own healing needs, exploration, and questions. Such is the nature of our healing journeys: the questions we have, we discover in time in our own individual way.



PLP OUTINGS & ACTIVITIES

July/August 2017

Issue 30

This page is dedicated to the outings we have gone on in the past month, thanks to the PLP funding allocated by Merri Health.

Wattle Tree Festival - Hurstbridge



Bushwalks in Warrandyte, Local Cafes, and Karaoke – oh my!



Comedy Nights – Grandview Hotel, Fairfield



Melbourne Show 2017 – more photos on the last page!



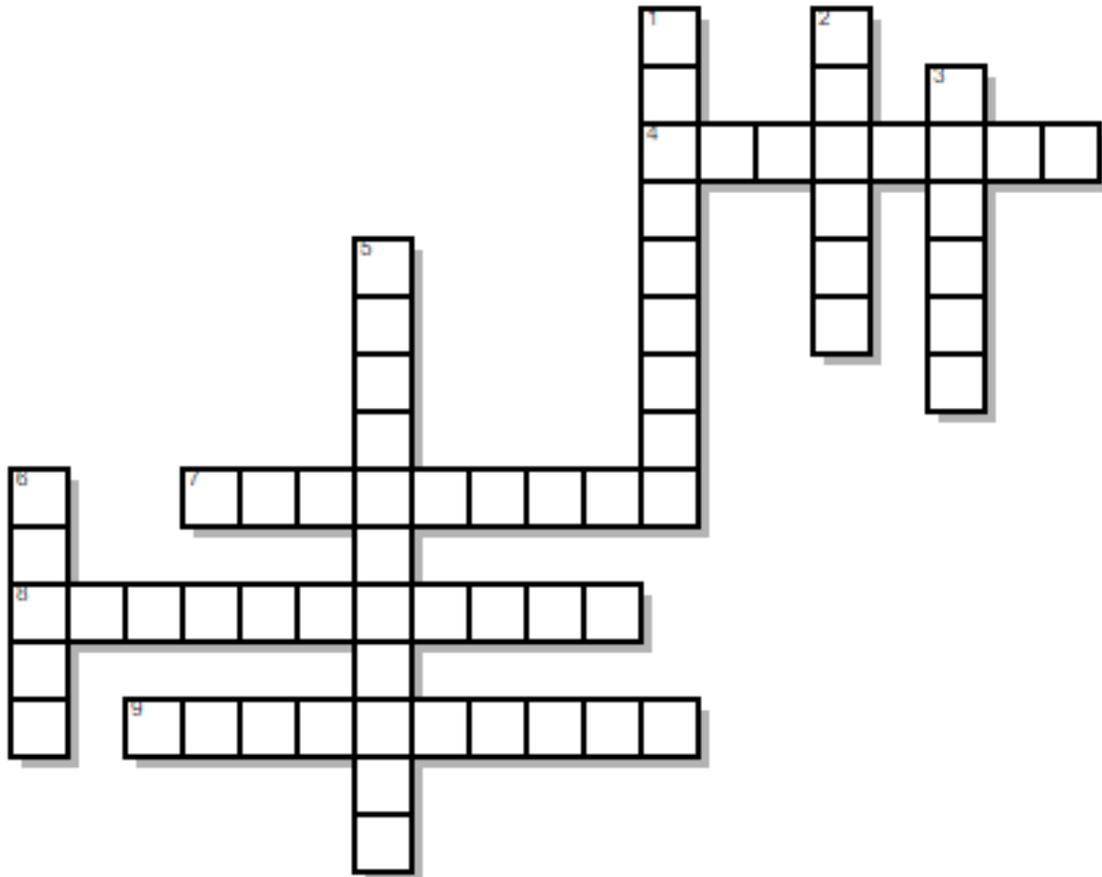
ARNICA JUMBLE

July/August 2017

Issue 30

The words for this month's puzzle were sourced by **Daniel Warren**. Dan was on the lookout this month for intriguing words, e.g. ones that stood out to him, that he had not heard before, or simply ones that stuck with him.

So get those brains puzzling and enjoy our jumble!



ACROSS

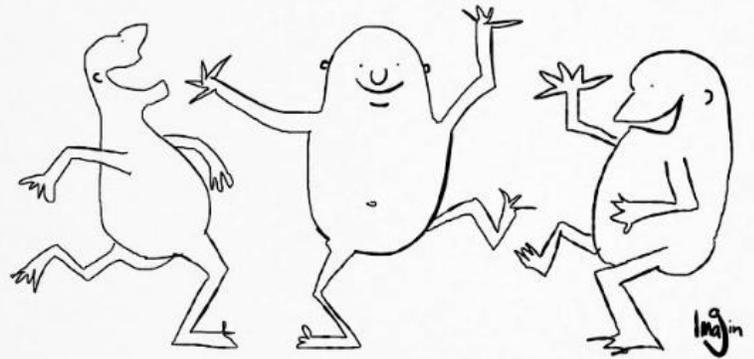
- 4 supply of assets that can be drawn upon for people or organisations to function properly
- 7 actively looking for
- 8 to engage in informal conversation
- 9 dedication (follow through on a -)

DOWN

- 1 the act of being a parent
- 2 another word for 'decision'
- 3 full of meaning; or a word for 'pregnant'
- 5 a chance to do something
- 6 concentration on a point

WORD BANK: SEARCHING, RESOURCE, PARENTING, OPPORTUNITY, GRAVID, FOCUS, CONFABULATE, COMMITMENT, CHOICE

We have welcomed another member onto our newsletter committee – **Simon Imagin**. In Simon's words, "I tend to do nonsense poems, with daggy pictures (usually involving talking potatoes). Sometimes the poems have insight but mainly I try to keep them silly and life affirming". Welcome to the team, Simon!



*"Last night I could not sleep a wink
I sat out in the lounge to think
Beside me lights of snack machines
Accompanied my lack of dreams*

*When then I heard the pitter pat
Of bare feet on the carpet mat
And there I saw a Nudie Man
With loose change in his startled hand*

*He'd not thought that another bloke
Would see his dash for chips & coke
I gave him a disarming wink
And bade him buy his crisps & drink*

*I know the ways of mice and men
The way we scurry now and then
The way we favor games of chance
Above the putting on of pants*

*So not to fear dear Nudie Man
I'll make you famous if I can"*



a singular potato

*"My hat it has three corners
Three corners has my hat.
I'm a bearded washed potato
And I've lost my blue cravat."*

Hi everyone, I hope you are well. I was very interested in this month's movie because I text people everyday (as most people do), and who doesn't use an emoji in their text messages? So, they've now made an animated movie about Emojis!☺ and I was very excited about it. If you have seen a great movie or want me to review a certain movie, please email me at florina_conti@yahoo.com



Movie title: Emoji Movie (G)

Rating: 8/10

The story starts around the smartphone data being inside a big city called Texopolis – which is a home for all of the emojis. All of the Emojis have a unique type of expression, except for one guy named Gene. He wants to be like the other Emojis, and asks his best friend Hi-5 and a code-cracker named Jailbreak for help. They have to break out of the app – will they survive?

My thoughts:

This is a great movie. I had a laugh in a few scenes, but it is mostly a serious movie. It's quite interesting how they made every single Emoji stand out. The storyline was also fantastic, I love it. I would recommend it for any age; it's a must watch for people who use phones and emojis daily. | *By Florina Conti*



CHABAD YOUTH AND C-CARE

People always ask what keeps me busy. I started doing volunteer work for the Jewish community. It's very interesting and I find it more satisfying than my own job, although I feel the pain afterwards because I'm on my feet a lot. To be able to participate or volunteer you need to have a Jewish background and have basic knowledge of Jewish studies.



- **Chabad Youth** is run by Yeshivah Centre, and is primarily for people in primary and secondary school. They have fun, Jewish-based community activities that are mostly run by volunteers. They also offer camps and events (including Jewish holidays) that fall under the name 'Chabad Sparks'. I volunteer whenever I'm needed, usually at festivals and major events.



- **C-Care** is a Jewish organization for people who are isolated, for the elderly or those who may not have contact with their family. They receive donations, which they use to make meals from scratch to be delivered to their homes. This meal preparation can be done at the Yeshivah Centre every Sunday. I volunteer every second Sunday and I love it.



← Me and my cousin David at C-Care packing the food up for the Jewish community



← We're working hard putting food into containers to be sealed

DEVILS VS PANTHERS

Mark, Daniel, Grace and I woke up on Sunday morning looking forward to watching Chris Birch and Chris Knight play football for the Parkside Devils. Grace, Mark, and Daniel met me at Arnica Lodge. From there, we all walked to the home oval of the Parkside Devils in Alphington. It only took us around 20 minutes. The first person we saw on the football oval was Chris Birch, who was playing in the back line. We stood together as a group on the fence line and watched as the football match unfolded in front of our very own eyes. When we arrived, Parkside were kicking in the opposite direction from where we were standing. Chris B was very happy to see all of us when we arrived and gave us a friendly wave. We then noticed that Chris K was playing in the ruck. We had a chuckle as Chris B was barking instructions to his teammates. After a while of standing we wandered over to find some chairs. We found three and sat down in the middle of the oval so we could watch more of the game from the sidelines. We were allowed to walk onto the ground at halftime and listen to the coach give his halftime address to the players. The panthers were short of players, so Chris was one of the people who switched sides mid-game to help them out. The mercy rule was actually applied during the match and this is the reason why Chris B went a played for the Panthers for the second half of the match. He had to turn his football vest inside out so the teams knew he was a part of the Panthers. So we watched one Arnica Lodge resident play for the Panthers, and one play for the Devils. Chris K is an ideal person to be a ruckman for the team because he is actually a very tall person. This means that he will be a valuable player for the team instead of a hindrance. Chris K ran around the ground all day when he was not performing his ruck duties. There was not a very large crowd but the people that were there appeared to be very friendly. After the match had finished, we walked to the Parkside change rooms and watched the team sing their victory club song together. Then I met their coach, Trevor, who seemed to be a very good bloke. Trevor said that I am very welcome to join the Parkside team when they start back next season. I am really looking forward to being able to play alongside Chris B and Chris K and the Parkside football team. Trevor said that the players have a pre-season before the proper season starts and they get stuck into playing the real stuff. What I mean when I say 'real stuff' is getting stuck into playing some proper football matches. I will keep you all up to date on how my first season goes with Parkside FC when the time comes.

AFL RETIREMENTS

Hawthorn footballer Josh Gibson has announced his retirement to the AFL world. Gibson played for North Melbourne FC before crossing over to play for Hawthorn. At one stage Gibson was overlooked in a pre-season draft, and he started off doing pre-season training with the Richmond FC. Gibson said that all he ever wanted to do was make it to be 'big time' and be able to say that he was an AFL player. Gibson said that a career highlight for him was when the Hawks won three premierships in a row.

Gibson is not the only Hawthorn player that will be retiring at the end of the season, Luke Hodge will also be retiring. Luke Hodge was the captain of the Hawthorn FC before Jarryd Roughead took over the role. While Luke Hodge has been playing for the Hawks, he has also been a commentator for Channel Seven on Sunday afternoons. Hodge has shown that he is a polished media performer and he is very confident in front of the camera. He has a very smart mind for football and a great understanding of the game. Hodge has said he will be pursuing a career in the media after he retires from playing.

Roughead and Hodge were actually recruited in the same AFL Draft. Hodge hails from Colac and played for the Geelong Falcons. Roughead was born in Leongatha.

Western Bulldogs player Bob Murphy has also announced his retirements. Who can forget the moment Western Bulldogs coach Luke Beveridge handed his medal to Bob Murphy after the grand final. Murphy was unable to play in the Bulldog's winning grand final due to an injury. It was a wonderful gesture by the coach to hand his medallion to one of his own players. Murphy was one of the players that was the heart and soul of the team. The last time the Bulldogs won the premiership was as the Footscray FC in 1954, until their win in 2016. My father is a Western Bulldogs supporter.

This will also be Steve Johnson's last AFL season as a GWS player. Johnson has had a wonderful AFL career. He moved to the Giants because he knew deep down that he had something to offer the team. All the Geelong fans adored him when he played for them. Johnson can kick goals from almost any angle and he isn't afraid to tell opposition players how good of a player he is. One of Johnson's famous sayings was one day when he told an opponent "you have just bought tickets to the Stevie J show". Johnson was a bit of a lad but he was a very likeable lad. I think that the two teams that will be playing off in the decider this season will be the Adelaide Crows and the Greater Western Sydney Giants. The Crows seem to be in form at the right time of the season. | *Articles by Joseph Krelle*

Under the Diamond Blanket

The surface of waves upon the water forms
the diamond canopy of inhabitants below.
Majestic sounds with fluid movement, a
dance of mystery in the deep.
Light of the Sun pierces through the
seemingly Blue Blanket, allowing great clarity
in the shallows.
Heat as Radiant from emitted light, tearing
through Atmospheric Layers ever so quick
Revolutions of our Globe happen every day.
Moonlit nights appear, in a silvery mirrored
reflection.
Passing points of deep unknown Space,
Exploration and Naming as Earthlings go
further.
Technology eludes, to make tasks stream;
Quick and Quieter, in need of the fastest.
Blasting Lights down microscopic glass cables
Amplifying the Signal gets Doped, and further
from home we travel.
Marvels of structure, architect gave.
Execution of words, compile in process.
Brave warriors, the first as Earth was born.
Humankind fighting, tearing Hearts from a
Home
Trivial isn't what was caught in Thinking.
Synchronicity driving all in Aspiration,
Creating once more, Glory in Light.
Condemning
Brutality against Our Innocent World
Fair people reaching the height of their Stars
Presenting opportunity for others in success
Knowledge of need, given so free,
No sign of greed, allowing acceptance for you
and me.

Communicating in the Information Age

Many of us are using computers at home, work,
or school – as well as having phones connected
to the World Wide Web. This leads us all to be
over-processing and communicating longer
with our available time.

The suggested limit for our younger online
users is no more than 2 hours, outside of school
time. This method has merit and benefits, and
can also be useful for those of us above school-
age. It is important to set limits, and reflect on
your online presence – what content are your
blogs and posts really conveying?

Is our over-processing leading to
ineffectiveness with our communication?

Truth: Yes, it can.

If you would like a (rewarding) challenge, try
this:

When you leave your workplace or school, you
can only log online for 2 hours each day for 7
days. This includes your morning routine as
well.

See how you go and monitor how you feel – are
you more amicable to those around you? Do
you have more time to relax? Let us know if you
do the challenge!

Be safe online, and stay vigilant. ☺

Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

DEB'S MUSIC OBSESSION

July/August 2017

Issue 30

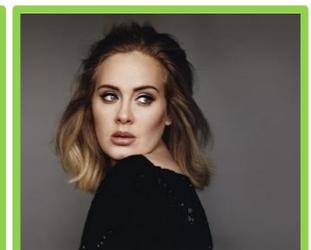
Well guys, as you may be aware by now I like to feature an older artist (e.g. that I like from the 80s) and a newer artist on this page. This month I am doing something a little different and featuring two young (exceptional) artists, both females from Britain. I'll start with **Dua Lipa**. As you will all know by now I listen to the radio station Nova religiously every weeknight. I did some research on her and found out that she is Armenian, but was born in London on the 22nd of August 1995 (which makes her 22). She is a singer-songwriter and model, and started covering songs by other artists on her YouTube Channel when she was 14. She released her first single in 2015. About 2 years ago I heard a great song called 'Be The One', and I loved it. I had never heard of Dua Lipa before then but I have been following her ever since, through the radio and by looking her up on YouTube. She recently released her debut, self-titled album this year and I bought it in June. Dua only has one album but it is a great one, and well worth the wait. The album has 17 tracks, including 'Hotter Than Hell' and 'Blow Your Mind'. The album also collaborations with other artists: Miguel, 'Lost In Your Light'; Martin Garrix, 'Scared To Be Lonely'; and Sean Paul, 'No Lie'. Her most recent song is 'New Rules' which not only has a great film clip, but went straight No. 1 in the UK. This means Dua is the first solo female artist in 2 years (since Adele's 'Hello') to have her song reach No. on the UK charts.



Speaking of Adele - my second featured artist this month - well, what can I say about her? She is absolutely brilliant! Her full name is **Adele Laurie Blue Adkins**, and is an English singer-songwriter. She was born on May 5th 1988 in Tottenham, London (which makes her 29). She is married to Simon Konecki, with whom she has a son, Angelo. I have all of her three albums: 19, 21, and 25.

Way back in 2008 I heard a song called 'Hometown Glory', and I remember everyone saying this artist will be big. Then she released her first album, "19", and I loved the songs 'Make You Feel My Love' and 'Best For Last'. Adele is a very soulful singer and a lot of her music influencers can be heard on 19. You can tell she is a fan of a diverse range of artists, such as Jill Scott, Etta James, Billy Bragg, Peggy Lee, Jeff Buckley, Amy Winehouse, and The Cure. She released her album "21" in 2002, and my (and probably the world's) favourite songs are 'Someone Like You' and 'Rolling In The Deep'. Her second album definitely confirmed that she would be 'going big' as an artist. The world waited a long time for her third album, 25, which she released in 2015. The song 'Hello' went to number 1 all over the world, and the video clip broke the all-time viewing record and streaming records. It was an epic video, filmed in sepia. The album has a lot of good songs on it, as always, but my favourites are: 'Send My Love (To Your New Lover)', 'When We Were Young', 'Water Under The Bridge', and 'All I Ask'...I can go on an on. When I hear certain Adele songs I get shivers and get all emotional – but who doesn't? It's the power of Adele. Fun fact, Adele held the record for the Most Billboard Awards (13), until this year when Drake won 16 awards.

Both of these ladies I have featured are brilliant. I have heard them being interviewed and they seem very down to earth and humble – and they are both drop-dead gorgeous, but that's not everything. They seem very genuine, with no bells and whistles. I've heard rumours that Adele will be taking a 10-year break after her world tour earlier this year. Dua is fairly new to the touring scene. She is going to be supporting Bruno Mars on his tour (so she will be here in Australia in March). I knew from the first time I heard both of these women that they would be big names, and they are.





More photos from our Melbourne Show outing on Saturday 23.9.17

... Don't these guys look like rock stars? 😊



Remember to send in your feedback so we can feature it in the next issue 😊

ACKNOWLEDGEMENTS

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